

Pay Attention to Your Mental Health



Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.



Each year, **1 in 5** women in the United States has a mental illness ranging from mild to serious.¹

Almost **twice** as many women as men have ever been diagnosed with **anxiety**.²

Women are more than **twice** as likely as men to develop **PTSD**.³



Tips

Take care of yourself!

- ✓ Fight stress by taking time to do something you enjoy like dancing or reading
- ✓ Reach out to friends and family for help when you need it
- ✓ Call 1-800-662-4357 for confidential treatment referral and information on mental health and substance abuse



Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for depression, alcohol and tobacco use, and more
- ▶ Discuss whether you should consider medication, therapy, or other treatments for mental health and substance use disorders
- ▶ Set health goals, such as being active and maintaining a healthy weight



- ▶ For support and help finding mental health services near you, visit **findtreatment.samhsa.gov**.
- ▶ Learn more about mental health at **nimh.nih.gov** or **mentalhealth.gov**.
- ▶ Learn more about National Women's Health Week at **womenshealth.gov/nwhw**.



Sources

¹ www.samhsa.gov/data/2012BehavioralHealthUS/2012-BHUS.pdf

² www.cdc.gov/mmwr/preview/mmwrhtml/su6003a1.htm?s_cid=su6003a1_w

³ www.ptsd.va.gov/public/PTSD-overview/women/women-trauma-and-ptsd.asp